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DESIGN AND PSYCHOLOGY EFFECT ON EMOTIONAL STATE

Colors and emotions. Colors have the ability to evoke different emotions. For example, warm colors (red, orange, yellow) can evoke feelings of joy and energy, while cold colors (blue, violet) promote relaxation and peace, green - a feeling of harmony and natural freshness. Choosing a color palette in the interior can adjust our mood to certain emotional goals.

Forms and lines. Geometric shapes and lines also affect perception. Sharp angles and straight lines can create a feeling of tension, while round shapes can be associated with harmony and softness. A well-organized space can promote comfort, relaxation, and a sense of control.

Materials and textures. Touching different surfaces - smooth, rough, warm or cold - also affects our perception. Textures can evoke comfort or even activate tactile sensations. Comfortable furniture adapted to human physiology contributes to comfort and the ability to relax. Hard, hard chairs in public catering establishments help to increase traffic, because customers do not sit for a long time on this type of furniture and leave almost immediately after finishing their meal [1].

Acoustics. Sounds and noises in the room also affect our psychology. Pleasant background music or nature sounds can promote relaxation. Fast rhythmic music makes the heart beat faster, which helps to make decisions as quickly as possible, leaving no time to «think».

Decor and items. Objects that are in our field of vision can cause associations, memories and emotions. Favorite photos, paintings, souvenirs - they fill the space with meaning and can lift the mood or, on the contrary, cause excitement [1, 2].

Lighting. The brightness and color of lighting can also affect our mood. Warm bright lighting can create a cozy atmosphere, and bright white light can stimulate wakefulness. White cold lighting is chosen for office spaces, which forces you to maintain concentration on the process. Soft warm light for residential interiors contributes to the feeling of comfort and coziness.

Greenery. Green helps calm and restore balance. A person feels approximately the same when surrounded by nature. This effect can be reproduced in your own room by placing as many plants as possible.

The arrangement of the furniture. The arrangement of the room can greatly affect your perception. Do it exclusively according to your own sense of comfort, without forgetting about practicality and ease of use. If you like the feeling of coziness in small rooms, then a dense arrangement may be suitable for you. If you like large free spaces, arrange the furniture accordingly [1, 2].

But in any case, place them so that as much light as possible enters the room. Another surprising discovery: low ceilings can reduce stress levels. Designers claim that soft curves and roundness have a better effect on the psychological well-being of residents. They make the space more flexible and help to feel comfortable.

Conclusion. The careful examination of different facets of interior design, including colors, shapes, materials, acoustics, decor, and lighting, emphasizes their influence on our emotional state and overall welfare. Grasping these elements aids in crafting a space that not only aesthetically pleases but also fosters comfort, relaxation, and psychological well-being.

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